**PSHE Term 6 - Changing Me**

**Year 5**

|  |  |  |
| --- | --- | --- |
| **Piece 1**  | **Unit**  | **Lesson** |
| **1: Self and Body Image** | **Year 5**  | I am aware of my own self-image and how my body image fits into that.I know how to develop my own self esteem. |
| **2: Puberty for Girls** | **Year 5** | I can explain how a girl’s body changes duringpuberty and understand the importance of looking after yourself physically and emotionally.I understand that puberty is a natural processthat happens to everybody and that it will beok for me.***Vocab: puberty, menstruation, periods, sanitary towels/ pads, tampons, ovary, vagina and womb/ uterus***  |
| **3: Puberty for Boys** | **Year 5** | I can describe how boys’ and girls’ bodieschange during puberty.I can express how I feel about the changes that will happen to me during puberty.***Vocab: puberty, sperm, semen, testicles/ testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt and hormones.*** |
| **PIECE 4 (CONCEPTION) FROM YEAR 5 OMITTED** |
| **Piece 2: Having a Baby (from Year 4)** | **Year 4**  | I can correctly label the internal and externalparts of male and female bodies that are necessary for making a baby.I understand that having a baby is a personalchoice and can express how I feel about having children when I am an adult***Vocab: sperm, egg, penis, testicles, vagina, womb, ovaries, making love, fertilise and reproduction.*** |
| **2a. Having a Baby (from Year 4)** | **Year 4** | I understand what responsibilities there are in parenthood and the joy it can bringI can consider what has influenced my life and what might influence the lives of other peopleI understand that having a baby is a personal choice and can express how I feel about having children when I am an adult |
| **5: Looking Ahead 1** | **Year 5** | I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)I am confident that I can cope with the changes that growing up will bring. |
| **6: Looking Ahead 2** | **Year 5** | I can identify what I am looking forward to when I move to my next class.I can start to think about changes I will make next year and know how to go about this. |